Handy Diet Tips for Health and Performance

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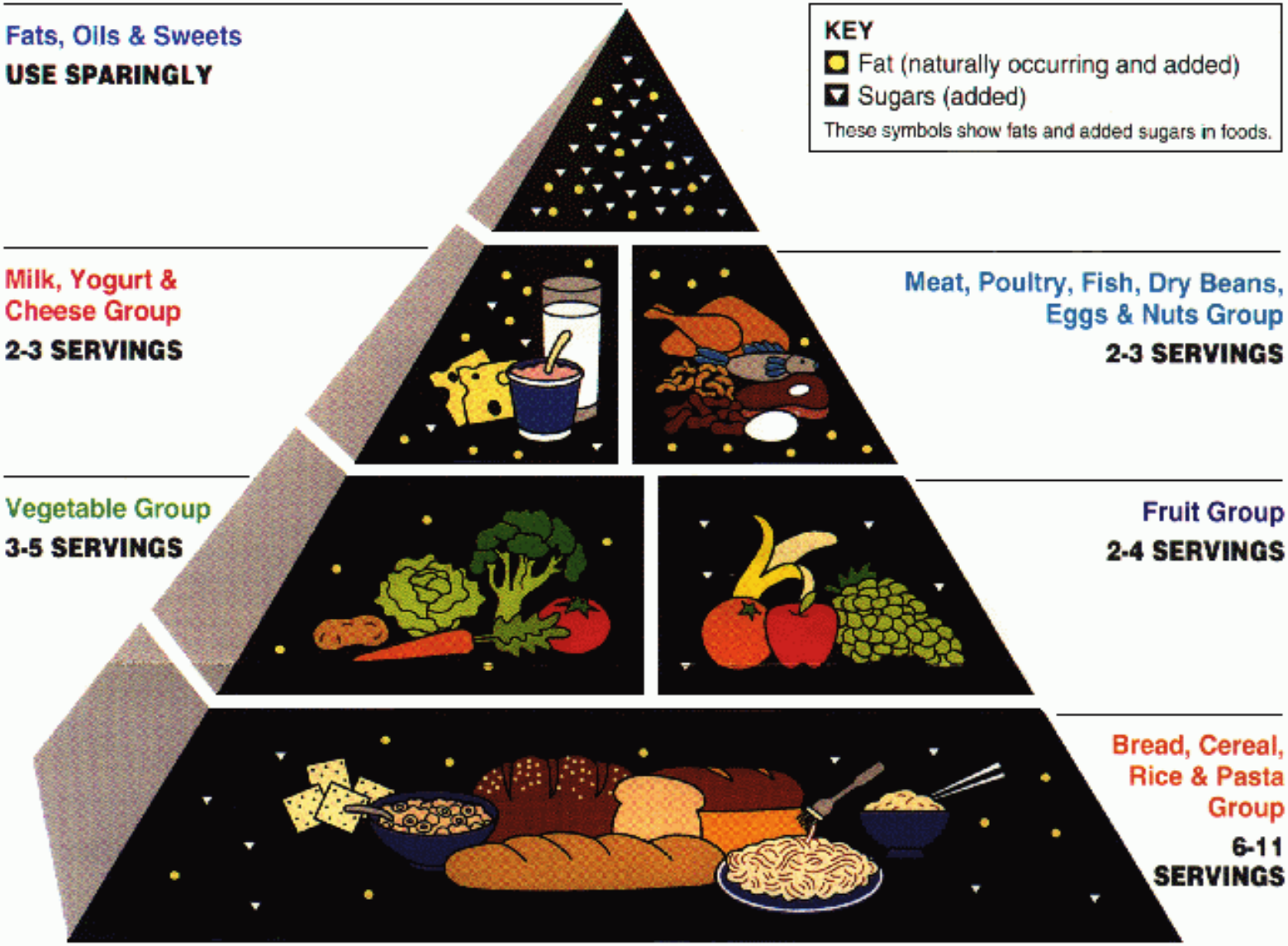
ALCOHOLIC
BEVERAGES
PROHIBITED


Fats, Oils & Sweets
USE SPARINGLY
KEY
Fat (naturally occurring and added)
Sugars (added)
These symbols show fats and added sugars in foods.
Milk, Yogurt & Cheese Group
2-3 SERVINGS
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS
Vegetable Group
3-5 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

The Traditional Healthy Mediterranean Diet Pyramid

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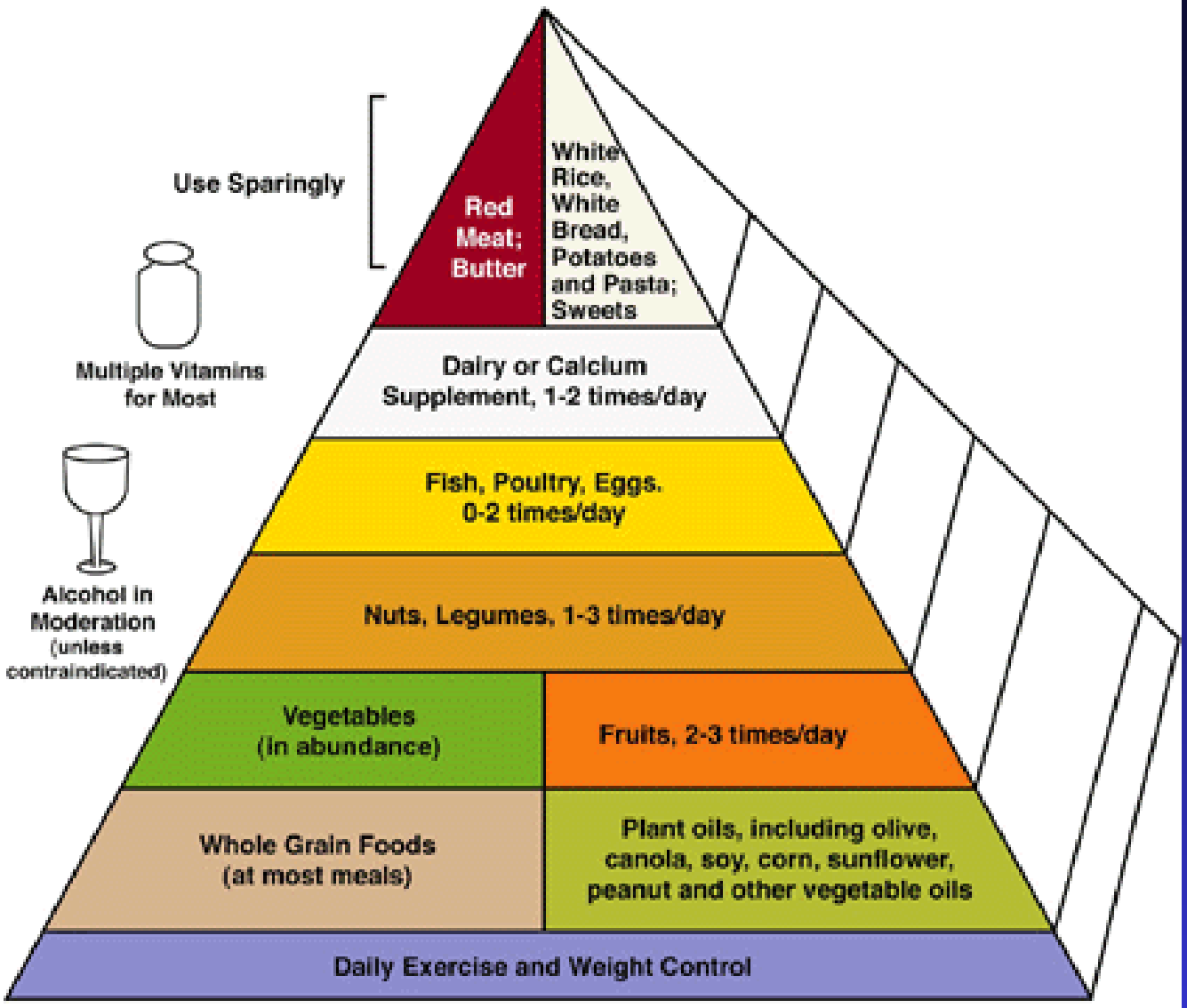
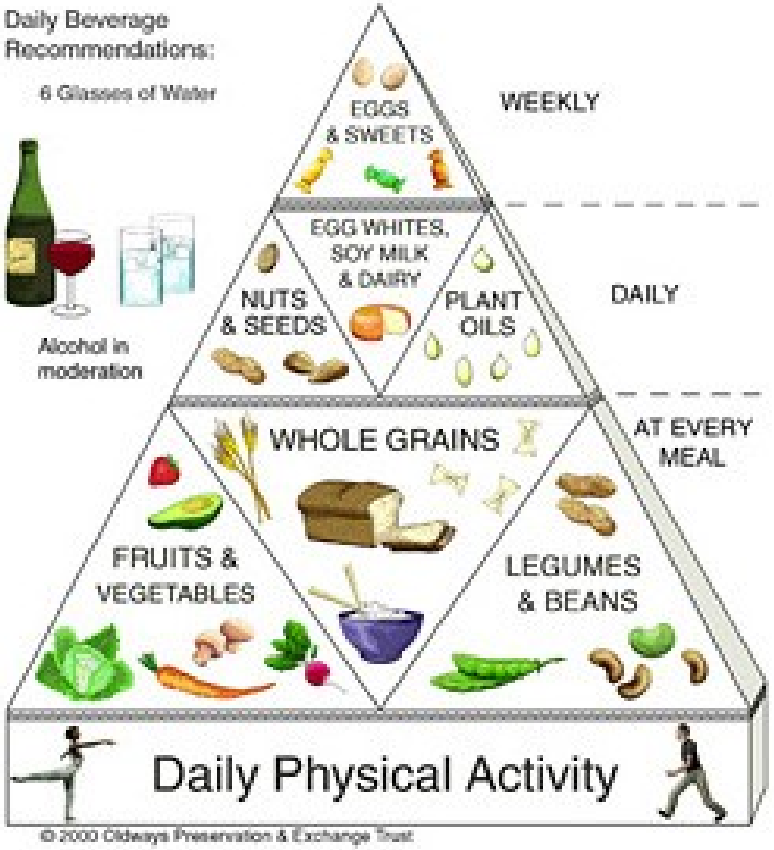
Healthy Eating Pyramid


Use Sparingly
Red Meat; Butter
White Rice, White Bread, Potatoes and Pasta; Sweets
Multiple Vitamins for Most
Dairy or Calcium Supplement, 1-2 times/day
Fish, Poultry, Eggs. 0-2 times/day
Alcohol in Moderation (unless contraindicated)
Nuts, Legumes, 1-3 times/day
Vegetables (in abundance)
Fruits, 2-3 times/day
Whole Grain Foods (at most meals)
Plant oils, including olive, canola, soy, corn, sunflower, peanut and other vegetable oils
Daily Exercise and Weight Control

The Traditional Healthy Vegetarian Diet Pyramid



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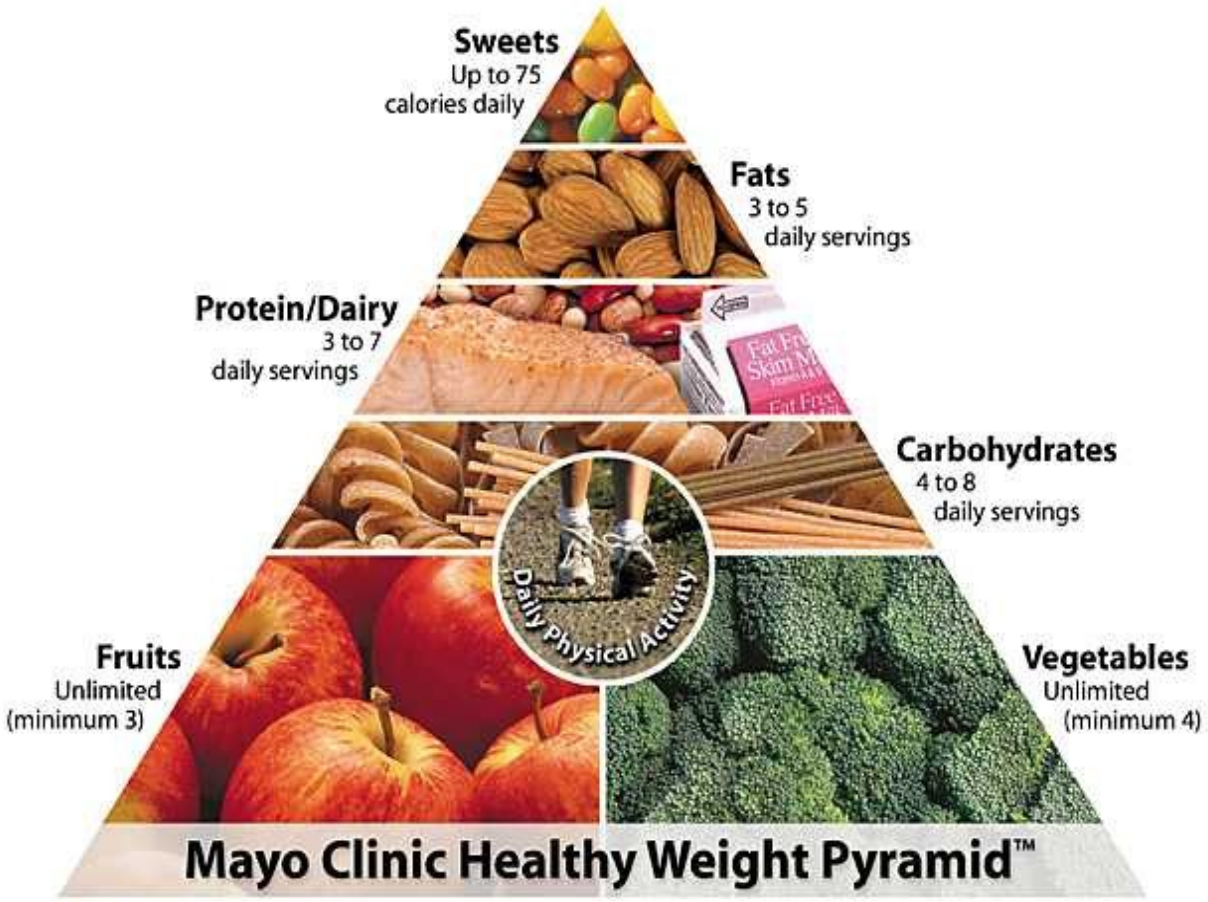


© Mayo Foundation for Medical Education and Research.
See your doctor before you begin any healthy weight plan.

MyPyramid.gov
STEPS TO A HEALTHIER YOU

10 “Handy”
Diet Tips for Health
and Performance

10 “Handy” Nutrition Tips

#1 - All Foods Fit

- No such thing as junk food
- Moderation
- “Wholism”

“Wholism”

Whole Diet Pattern

- All foods can fit
- Uses a “food first” approach with emphasis on whole foods
- Focuses on balanced, healthy eating patterns, not a single nutrient or food group
- Capitalizes on food synergy

Food Synergy

1 + 1 = 3

- **The interaction of two or more nutrients and other healthful substances within foods working together to produce a health benefit that each is individually unable to match.**
- **Whole foods provide a unique mix of nutrients and phytochemicals that cannot be matched by supplements or meal replacements.**

Why Whole Diet Pattern?

Research Findings

- **Epidemiological**
  - Nurses Health Study
  - Health Professionals Follow-up Study
  - Baltimore Longitudinal Study of Aging
- **Clinical Trials**
  - DASH Diet
  - Mediterranean Diet

Common Findings

Eating in a diet pattern that

- is high in fruits and vegetables, reduced-fat dairy products, and whole grains
- includes moderate amounts of fish, poultry, legumes, and healthy oils and
- is low in added sugar

reduces risk of chronic diseases and premature death

Common Findings

- **Eating in a diet pattern that is high red meats and processed meats, fast foods, refined grains, and sugar-containing foods increases risk of chronic diseases and premature death.**

Dietary Guidelines for Americans, 2005

- "Nutrient needs should be met primarily through consuming foods. Foods provide an array of nutrients and other compounds that may have beneficial effects on health."
- "American should eat fewer calories, be more active, and make wiser food choices."

10 “Handy” Nutrition Tips

#2 – Calories Count!!!

- **Know what’s what**
- **Watch portion distortion**
- **Focus on low energy-dense foods**
  - High water and fiber content

10 “Handy” Nutrition Tips

#3 – Fruits & Veggies: More is Better

- Shoot for 4 to 5 cups a day
- Double/triple up at meals
- Watch adding sugars and fats

10 “Handy” Nutrition Tips

#4 – Go for the Whole Grain

- What is “whole grain?”
- Make ½ of daily grains whole-grain
- Be adventuresome

10 “Handy” Nutrition Tips

#5 – Promise of Permanent Change

- **Make small changes; they add up**
- **Build lifestyle skills**
- **Start young!**

Making Health Eating Last a Lifetime

- **Set goals and plan rewards**
  - Personal, realistic, specific, measurable
  - Short-term and long-term
  - Reward matches goal
  - Aim to improve total diet quality
    - ↑ fruits, vegetables, whole grains, dairy
    - ↓ fats (esp. sat and trans fats), sweets
    - Balance calories

Making Health Eating Last a Lifetime

- **Track progress by self-monitoring**
  - Periodic assessments
  - Food log
    - Food intake
    - Dietary balance
    - Goal tracking

Making Health Eating Last a Lifetime

- **Get support for healthy eating.**
  - Not just buddy support

Making Health Eating Last a Lifetime

- **Try new ways to eat healthfully.**
  - Boredom can lead to lapses
- **Choose nutrient-dense foods most often.**

Making Healthy Eating Last a Lifetime

- **Plan ahead for high-risk situations.**
  - Anticipate and develop a plan for problem times, people or settings
- **Don't get down on yourself for lapses.**
  - Lapses are learning opportunities
  - Eliminate all-or-none thinking
  - Positive self-talk

Eating For Performance

10 “Handy” Nutrition Tips

#6 – Eat a Healthful Diet

- **Can’t overcome a poor diet**
- **Diet isn’t everything**
  - Training, rest, coaching, skill

10 “Handy” Nutrition Tips

#7 – Hydrate, Hydrate, Hydrate!

- Water is fluid of choice
- 2% loss of body weight = decline in performance
- Thirst is not adequate indicator

Water

- **Adverse effects of dehydration**
  - ↓ blood volume
    - ↓ cardiac stroke volume; increased heart rate
    - competition between muscles and skin for available water
    - reduced muscle strength and endurance
    - decreased sweat rate; impaired temperature regulation
    - heat cramps, heat exhaustion, heat stroke, coma, death

Water or Sports Drinks?

- Plain water for moderate-intensity events less than one hour or if trying to restrict caloric intake (e.g., weight management concerns).
- Sports drinks provide performance benefits in events lasting more than an hour or at very high intensity for less than an hour.

Water or Sports Drinks?

- **Sports drinks:**
  - supply energy sources (CHO)
  - provide electrolytes (sodium enhances fluid absorption and stimulates thirst mechanism)
  - are palatable which increases intake
  - should be served as cold as you can comfortably tolerate

10 “Handy” Nutrition Tips

#8 – CHOw Down on CHO!

- **Eating/drinking carbs during endurance events/training can delay fatigue.**
- **Carbs before and after event/training can maximize glycogen storage**
- **Make your carbs count**

10 "Handy" Nutrition Tips

#9 – Protein is NOT Perfect!

- Protein is not a primary energy source during exercise
- Excess protein is not stored as muscle protein
- Protein pills, potions, and powders are not necessary for high performance
- Athletes do need more protein than sedentary people

Protein

- Approximate **Daily Protein Requirements**
  - Sedentary 0.8 g/kg = 0.36 g/pound
  - Endurance athlete 1.3 g/kg = 0.6 g/pound
  - Strength athlete 1.5 g/kg = 0.75 g/pound

Example:

150 pound weight lifter

(150 x 0.75 = 112.5 grams of protein)

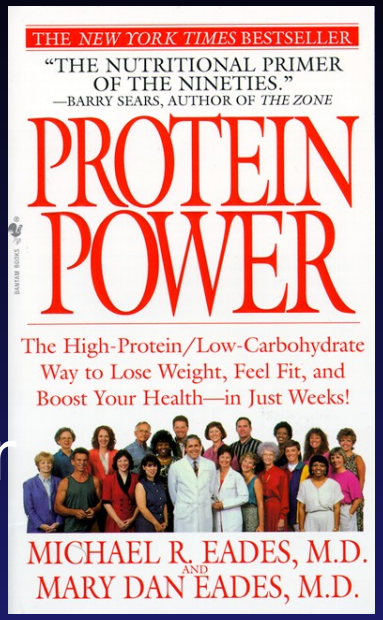
Protein

Sample Plan

- **Meats (6 ounces) 42 grams**
- **Grains (12 servings) 36 grams**
- **Milk (3 servings) 24 grams**
- **Vegetables (6 servings) 12 grams**

114 grams

Protein


THE NEW YORK TIMES BESTSELLER
"THE NUTRITIONAL PRIMER OF THE NINETIES."
—BARRY SEARS, AUTHOR OF THE ZONE
PROTEIN POWER
The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health—in Just Weeks!
MICHAEL R. EADES, M.D.
AND
MARY DAN EADES, M.D.

- **Dangers of excess intake**
  - protein catabolism requires water → water loss → dehydration risk
  - increase urinary calcium loss
  - may increase risk for coronary artery disease if protein sources are high in saturated fat
  - supplemental amino acids may cause imbalance, absorption difficulties, toxicity
  - may contribute to kidney problems in some people

10 “Handy” Nutrition Tips

#10 – Ergogenic Aids: Hype or Help?

- Most of what is on the market is hype
- There are things that improve performance

Strong Research Evidence for a Benefit to Athletic Performance*

- ***Sports drinks, water***
- ***Carbohydrate loading***
- ***Caffeine***
- ***Blood doping***
- ***Sodium bicarbonate***
- ***Anabolic steroids***
- ***Growth hormone***
- ***Creatine***

** does not necessarily imply endorsement by the Cooper Institute*

“A fool and his money are soon parted”

Summary

Nutrition

What is a “healthy” diet?

- **Focus on plant foods**
  - Vegetables, fruits (4-5 cups per day)
  - Grains, esp. whole grains (6-11 servings)
  - Nuts, beans (several times a week)
- **Limit saturated and trans fats**
  - Small amounts of lean meats, chicken
  - Include fish regularly
  - Enjoy low-fat, nonfat dairy every day
- **Limit excess sugars and sweets**
  - Sodas, candies, cookies

Nutrition

What is a performance diet?

- Well-balanced, food-based
- Proper hydration
- Focus on good quality carbs
- Proper use of ergogenic aids

The science of nutrition is VERY complex……

…….but eating right is pretty simple.

Resources

Healthy Eating

- www.mypyramid.gov
- www.nutrition.gov
- www.eatright.org
- *ADA Complete Food and Nutrition Guide* by Roberta Duyff
- *Healthy Eating Every Day* by RA Carpenter and CA Finley, Champaign, IL: Human Kinetics, 2005. (www.activeliving.info)
- Tufts University Diet & Health Letter (http://healthletter.tufts.edu/)

Resources

Eating for Performance

- ***Sports Nutrition: A Practice Manual for Professionals (www.eatright.org)***
- **Clark, Nancy. *Sports Nutrition Guidebook, 3rd edition.* Champaign, IL: Human Kinetics, 2003.**
- **Coleman, Ellen. *Eating for Endurance, 4th edition*. Palo Alto: Bull Publishing, 2003.**